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must care for them, and it is necessary to be resourceful if you would succeed. We are called upon in our capacity as nurses to fill so many different positions—nurse, companion, comforter, teacher, preacher, and many others. So then let us each day lay up some new treasure to be brought forth and used in the hour of need.

HOUSEKEEPING FOR TWO

By ANNA B. HAMMAN

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THE small family whose members are workers outside the home usually finds it more practicable to buy bread than to make it. It is more economical of time and strength, if not of money. Bread-making is an industry which perhaps ought to be carried on outside the home, and wherever good, wholesome bread can be purchased, it is undoubtedly wiser to buy it than to insist upon having the home-made product. The great trouble with the professional baker is that he wants to get his bread out of the oven as soon as possible after he puts it in. As a result we have quickly baked loaves of a pale color, or loaves nicely colored, but underdone inside. Bread baked too quickly is flavorless as well as unwholesome.

It is a satisfaction to be able to make a good loaf of bread if the necessity arises, or if the whim takes one to have some of the home-made article. Here is a recipe for making two loaves.

Bread.—One cup milk, one cup water, one and one-half teaspoons salt, one yeast cake (compressed yeast), two tablespoons cold water, bread flour to make a dough. Scald the milk; put the salt into a mixing bowl, and add milk and water; when wetting is lukewarm (100° F.), add the yeast, mixed thoroughly with two tablespoons cold water. Sift over this mixture enough flour to make a batter that will drop easily from a spoon. It will take about three cups. Stir in the flour and beat the batter until it is smooth and full of bubbles. Then add gradually enough more flour to make a stiff dough, working in each addition thoroughly with the spoon. Sprinkle a little flour on the moulding board and on the palms of the hands. Turn the dough out on the board and knead. Lift the dough frequently and sprinkle more flour on the board. Do not let it stick to the board or the hands. To knead dough, put the ends of your fingers under the edge of the dough farthest from you and fold it over towards the centre; press down and away from you

with the palms of the hands three times; then turn the dough quarter-way round and repeat motions. Knead until the dough does not stick to board or hands, until it is velvety to the touch, elastic, and begins to show little bubbles on the surface. Grease the mixing bowl, put in the dough, smooth side up, brush over with melted fat or water, cover with several thicknesses of cloth, and let it stand three hours in a warm room.

When the dough has doubled in bulk, turn it out on the board, cut it into pieces of the proper size for your tins, knead lightly to redistribute large gas bubbles, shape into loaves and put into greased pans. Cover with thick cloth, set in warm room, and let the loaves double in bulk. Put into moderately hot oven and bake from an hour to an hour and a quarter for a loaf of ordinary size. It should be nicely browned on both sides and bottom, as well as on top.

If everything works smoothly, this bread will be out of the oven five hours after the time of starting. It is possible to lessen the time by increasing the yeast. I have seen excellent bread made with one yeast cake to a half cup of wetting. It did not taste of yeast, contrary to the prediction of many bread-makers.

If, on the other hand, you wish your dough to stand over night and finish the process in the morning, use half the quantity of yeast.

Shortening and sugar may be added to the bread, if you like. Put into the mixing bowl, before pouring in the hot milk, from one to two tablespoons of butter or lard, or the two combined, and two teaspoons of sugar. Bread with some shortening in keeps moist longer than bread made without any.

French Rolls. Cut some of the bread dough, after the first rising, into small pieces, mould lightly into round balls with the tips of the fingers; then roll under the palm of the hand until you have a pointed roll, three or four inches long, and not more than an inch through in the thickest part. Place them in a greased biscuit tin, leaving three-quarter-inch spaces between the rolls. Let them get thoroughly light, and bake in a rather hot oven twenty-five minutes. These make excellent, crusty rolls.

Bread Sticks. Roll out some of the bread dough into pieces six inches long and not larger around than a slate pencil. Let them rise, and bake in a hot oven until brown and crisp. They are good with soup in place of crackers, or with the morning coffee, in place of toast, and are often well digested by people who cannot eat ordinary bread.

Zweibach. This is another form of bread which may often be taken care of when the stomach or intestines cannot manage the common sorts. But right here is a good place to say that the stomach

and intestines are usually given work to do on bread that should be done in the mouth. Bread is largely starch. Starch must be changed to sugar before it can be absorbed by the lining of the intestines. A *large part* of that change should take place in the mouth by means of thorough mastication and complete insalivation. Sugar is soluble, starch is not. Given a mouthful of well-baked bread, it should practically disappear in the mouth, with no solid residue to swallow. How many of us send down lumps of starchy food for our poor "weak" stomachs to struggle with? Ninety-nine per cent. of our weak stomachs would rapidly improve if we didn't allow our teeth to shirk their share of the digestive work.

Now, as to the zweibach. The very reason it is better borne by people with weak digestion is because heat has performed the first step in the digestion of the starch. It has changed it to dextrin, which is half-way between starch and sugar. The same thing has taken place in the crust of ordinary bread and in the browning of toast.

Zweibach is simply twice-baked bread, and in the second baking a large part of the starch is dextrinized. An excellent substitute for the commercial article may be made from ordinary bread if it is tender and porous. A hard, solid bread does not make a good zweibach. Cut the bread in even slices a full half-inch thick, then cut in half-inch strips. Lay the strips in shallow tins and put them in a very slow oven, where they may stay several hours, or even all day. Shake them and turn them frequently, so that they may dry without warping. Leave them until they are a light brown all over and all through. Aside from their use in the invalid diet, these make a most palatable addition to the general table to serve with soup, cocoa, salads, etc.

Here is a recipe for genuine zweibach which I have used. It makes delicious zweibach, but it is more trouble and is more expensive than the substitute just described. It is quite possible that the butter and eggs could be reduced, and good results still be obtained, but of course eggs add to the lightness and butter to the tenderness of flour mixtures.

One-half cup milk, two yeast cakes, one-half teaspoon salt, two tablespoons sugar, one-quarter cup melted butter, three eggs, flour. Scald milk, cool until lukewarm, add yeast cakes. When yeast cakes are thoroughly mixed, add salt and one cup of flour. Beat thoroughly and let rise until light. Add butter, sugar, eggs unbeaten, and enough flour to handle. Knead, shape into long, pointed rolls, put on a well-buttered pan, leaving two inches between rolls. Let them rise, and bake twenty-five minutes in a hot oven. When cold, cut in half-inch slices and brown in the oven as directed for the bread strips.

Muffins. If we haven't time to make bread at least we can have our own muffins, and these the bakers haven't offered to make for us yet. Here is the simplest of all muffin rules, and we can vary it indefinitely. One-half cup milk, one and one-half tablespoons melted butter, one cup pastry flour, two teaspoons baking powder, one-quarter teaspoon salt, one teaspoon sugar. No eggs, you see, in this rule. Mix all the dry ingredients, and sift them twice. Stir in the milk, making a smooth batter; add the melted butter, beat vigorously for a few seconds, turn into buttered muffin tins and bake in a hot oven twenty to twenty-five minutes. The batter should be thick enough to drop easily from the end of a spoon. The muffin tins should be filled about two-thirds full of the mixture.

Now for some of the variations. You may make the muffins more or less sweet, to suit your taste. You may leave out one-half teaspoon of baking powder and substitute one egg beaten until very light and added after the milk. You may increase the butter, thereby making a richer and more tender muffin. Success depends upon having the batter of the right consistency, keeping wet and dry ingredients separate until the last minute, getting them into the oven quickly after they are in the pans, and the proper degree of heat for baking. With a gas range, the oven is more likely to be too hot than too cold.

RULES GOVERNING AN OPERATING ROOM FOR OUTSIDE SURGICAL SERVICE

FROM THE LAKESIDE HOSPITAL, CLEVELAND

THE resident physician and the head nurse will be held equally responsible for the general management of the operating room.

All cases for operation shall be reported by the resident physician to the head nurse by 7 A.M. and they shall be posted upon the bulletin board.

The resident physician and the head nurse will be held responsible for the methods of sterilization and the thoroughness in the carrying out of the methods.

All instruments for repair or orders for new instruments shall be sent at once to the office of the principal of the training school.

Patients' friends must remain in the room provided for them. They must not be in evidence in the operating room.

The resident physician will give orders for sending for the patients for operation.